



Big Walk and Wheel 2024



Dear Parents/Carers,

Get set... after recording an amazing 2,861 journeys in 2023, Two Mile Ash School are taking part in **Sustrans Big Walk and Wheel 2024** - the UK's largest inter-school cycling, walking, and scooting challenge!

The challenge runs from 11th – 22nd March 2024 and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible.

Including everyone

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel.

We know it may be more difficult for some pupils to take part than others. If you want to discuss more about your child(ren)'s specific needs, please contact Mr. Saville and we will make sure to find out how your child(ren) can take part.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school, and that children thought active travel was the best away to bring down these pollution levels.

Plus, there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have a hassle-free journey to school.

Download your free family guide using this link: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

For more information about the event go to www.bigwalkandwheel.org.uk . Enjoy the challenge!

Thank you for your support!

Mr. Saville - Head of PE at Two Mile Ash School